



The Benefits of Fruits and Vegetables

Every fruit and vegetable has a different combination of nutrients that helps promote better health. Use this card to find out what each of these nutrients do to keep you healthy.

VITAMIN A

This vitamin helps your body maintain healthy eyes and skin.

THIAMIN

This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

RIBOFLAVIN

This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

VITAMIN B6

This B vitamin helps your body build healthy blood cells.

FOLATE

This B vitamin helps lower a woman's risk of having a child with certain birth defects.

VITAMIN C

This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E

This vitamin helps maintain healthy cells throughout your body.



VITAMIN K

This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

CALCIUM

This mineral helps build strong bones and healthy teeth.

IRON

This mineral helps red blood cells carry oxygen to all the parts of your body.

MAGNESIUM

This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

POTASSIUM

This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

ZINC

This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

FIBER

Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

PHYTOCHEMICALS

Phytochemicals are naturally found in plants and help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

WATER

The water found in fruits and vegetables helps you feel full after a meal or snack. It also adds to the amount of water you take in every day.